

PROMOTION RECOMMENDATION
The University of Michigan
School of Nursing

Laura R. Saslow, assistant professor of nursing, School of Nursing, is recommended for promotion to associate professor of nursing, with tenure, School of Nursing.

Academic Degrees:

PhD	2011	University of California, Berkeley, CA
MS	2004	Vanderbilt University, Nashville, TN
BA	2000	Princeton University, Princeton, NJ

Professional Record:

2015 – Present	Assistant Professor, Department of Health Behavior and Biological Sciences, School of Nursing, University of Michigan, Ann Arbor, MI
2014 – 2015	Bowes Post-doctoral Fellow, School of Medicine, University of California, San Francisco, CA
2011 – 2014	Post-doctoral Fellow (NIH T32), School of Medicine, University of California, San Francisco, CA

Summary of Evaluation:

Teaching: Professor Saslow is strong teacher and is making a positive difference in our Undergraduate Program. Since 2015, she has taught the research and evidence-based practice course for sophomores. She has provided guest lectures for the past five years in Nutritional Sciences. She also presented to the school through faculty meetings, to the School of Nursing's Undergraduate Honors Program/Department of Health Behavior and Biological Sciences, School of Public Health, the School of Kinesiology, and Michigan Medicine. Professor Saslow is always willing to share her expertise with colleagues across disciplines and schools.

Professor Saslow has also engaged in informal teaching through mentorship, within a broad cross section of disciplines, schools, and UM Institutes, such as the Institute for Healthcare Policy and Innovation (IHPI). She has served on four dissertation committees for the School of Nursing, School of Information, Nutritional Sciences, and Mahidol University, Thailand. She chaired two dissertation committees for the School of Nursing PhD students, where one of those students secured a post-doctoral position in the Department of Learning Health Sciences at the UM Medical School. She has also reviewed a dissertation for a student in Cape Town, South Africa. Finally, Professor Saslow has mentored medical students and capstone projects. These mentees have successfully completed their projects and moved on to the next stage of their career preparation, usually in fellowships and/or post-doctoral positions. Professor Saslow has published and presented with her mentees.

Research: Professor Saslow's scholarly work focuses on developing and testing interventions to prevent and/or treat metabolic diseases using a carbohydrate restricted diet. Her work has grown from face-to-face interventions to online interventions and from a focus on prediabetes and Type 2 Diabetes to include hypertension, polycystic ovary syndrome, and non-alcoholic fatty liver disease. She has built a sustainable program of research that promises to advance the field and makes a difference in the lives of people with multiple conditions

Professor Saslow began her appointment in September 2015, and by August 2016, she had a K01 funded. During this time, she was also the principal investigator (PI) on several internal grants and a co-investigator (co-I) on an R34. Subsequently, she earned funding for an R03 in 2020, an R01 in May 2021, and a second R01 in July 2021 and she has a third R01 with a fundable score for which an award was received fall 2021. In addition, Professor Saslow has had Foundation grants and internal funding as both a co-I and PI, is a co-I on an R61 and R33 and is an advisor on a K23. Her projects focus on the use of a low carbohydrate diet in patients with liver disease, Type 2 Diabetes (N=2) and polycystic ovary syndrome. In addition, she has been a co-I or advisor on six other projects, one of which is currently active.

Professor Saslow has published 25 papers since 2015, being first-author on five of these papers. She has one paper in-press. She has published in interdisciplinary journals in the area of diabetes, nutrition and metabolism with impact factors ranging from 2 to 16. Professor Saslow regularly disseminates her work through presentations (six regional, 11 national, 13 invited, and three international since 2015) and peer-reviewed journals. She has published in a variety of journals, including *Journal of Medical Internet Research* (Impact Factor (IF) =5.43), *Nutrition and Diabetes* (IF=5.097) and *JMIR Diabetes* (IF=4.532). According to Scopus, Professor Saslow has an h-index of 17 and her work has been cited 2,093 times. She regularly presents her research at scientific meetings and has been invited to serve as a discussant at three national meetings. Her research has garnered media attention. Of note, many of Professor Saslow's publications represent foundational work from which she has gone on to receive larger external grant funding.

Recent and Significant Publications:

- Griauzde, D., Saslow, L., Patterson, K., Ansari, T., Liestenfeltz, B., Tisack, A., and Richardson, C. (2020). "Mixed methods pilot study of a low-carbohydrate diabetes prevention programme among adults with pre-diabetes in the USA." *BMJ Open*, 2020; 10(1).
- Saslow, L., Moskowitz, J., Mason, A., Daubenmier, J., Liestenfeltz, B., Missel, A. L., and Hecht, F. (2020). "Intervention enhancement strategies among adults with type 2 diabetes in a very Low-carbohydrate web-based program: evaluating the impact with a randomized trial." *JMIR Diabetes*, 2020; 5(3), e15835.
- Evert, A., Dennison, M., Gardner, C., Garvey, W., Lau, K. H., MacLeod, J., Mitri, J., Periera, R., Rawlings, K., Robinson, S., Saslow, L., Uelmen, S., and Yancy, W. (2019). "Nutrition therapy for adults with diabetes or prediabetes: a consensus report." *Diabetes Care*, 2019; 42(5), 731-754.
- Mason, A., Saslow, L., Moran, P., Kim, S., Abousleiman, H., Richler, R., Schleicher, S., Goldman, V., Hartman, A., Leung, C., Hartogensis, W. and Hecht, F. (2019). "Lipid findings from the diabetes education to lower insulin, sugars, and hunger (DELISH) study." *Nutrition & Metabolism*, 2019; 16(1), 1-11.
- Saslow, L., Daubenmier, J., Moskowitz, J., Kim, S., Murphy, E., Phinney, S., Ploutz-Snyder, R., Goldman, V., Cox, R., Mason, A., Moran, P., and Hecht, F. M. (2017). "Twelve-month outcomes of a randomized trial of a moderate-carbohydrate versus very low-carbohydrate diet in overweight adults with type 2 diabetes mellitus or prediabetes." *Nutrition & Diabetes*, 2017; 7(12), 1-6.

Service: Professor Saslow is fully engaged in the life of the school and regularly contributes service at the school, university, national and international levels. For the school, she has led writing retreats for her department which have been so successful that she has also been asked to lead (and accepted the requests) writing retreats for PhD and DNP students. She structures the time, brings resources to discuss, and encourages excellence in writing habits. Many department faculty look forward to these

events because they are so productive. In addition, she has served on the Curriculum Committee, she currently serves on the Clinical Core Advisory Committee for the UM Diabetes Research Center, and she serves on the newly formed UM Human Research Protections Program Advisory Committee. Professor Saslow is actively engaged in multiple professional/scientific organizations. She served on the ADA's Nutrition Scientific Review Committee. She is an active member of the Society of Behavioral Medicine and chaired a symposium at their national conference. Professor Saslow was invited in 2021 to serve as an early-career reviewer for the newly established Lifestyle Change and Behavioral Health (LCBH) NIH study section. In addition, she has produced webinars for an international audience of nurses.

External Reviewers:

Reviewer A: “[Professor] Saslow’s research in the area of low carbohydrate diets and health has made, and will continue to make, very important contributions to her field.”

Reviewer B: “[Professor] Saslow has made superior contributions to the research mission... She is on the cusp of a highly productive research career.”

Reviewer C: “...her track record at paper and grant generation is thus far envious.”

Reviewer D: “...[Her] research will add to the precision nutrition literature to help scientists and clinicians make better treatment decisions, which will add significant new findings to the field.”

Reviewer E: “I applaud [Professor] Saslow for doing the type of systematic manipulation of factors using randomized designs to truly understand causal influences on outcomes.”

Reviewer F: “Her scientific contributions have garnered national recognition...”

Summary of Recommendation: Professor Saslow is a productive scholar who has made significant contributions to the field of self-management of chronic conditions using diet and lifestyle interventions, which include a low carbohydrate dietary pattern, mindful awareness, and/or dietary self-monitoring. She is an admirable teacher and mentor; and she is a leader who contributes in external and internal service. It is with the support of the School of Nursing Executive Committee that we recommend Laura R. Saslow for promotion to associate professor of nursing, with tenure, School of Nursing.



Patricia D. Hurn
Dean and Professor
School of Nursing

May 2022